



# The Benefits Bulletin

Statewide Benefits Office

July 8, 2021

## Choosing the Right Care

The State of Delaware wants you to get the best value out of your benefits by choosing the right care. This includes understanding your care options, where to go for services, how much services cost, and making informed decisions to ensure you and your family receive the [high-quality, safe and affordable care](#) you deserve. There are a couple of changes for the location of services in the new plan year. [CVS Caremark](#) is the new pharmacy benefit manager. [Highmark Delaware](#) members now have the option to use Quest Diagnostics or LabCorp as a preferred lab option. Look for an email from the Statewide Benefits Office that provides additional details about choosing the right care.

### Important Reminder

[CVS Caremark](#) is the new pharmacy benefit manager. Present your NEW ID card at your next pharmacy visit. Prescriptions CAN be filled at Walgreens, Rite-Aid, CVS, Target and other retail pharmacies.

## National UV Safety Month

Skin cancer is one of the most common forms of cancer in the United States. Whenever you are exposed to ultraviolet (UV) light, you should make sure you are protected. Here are some tips to follow:

- Apply waterproof sunscreen 30 minutes before being exposed to the sun and reapply every two hours.
- Wear a large-brimmed hat and choose large sunglasses that block at least 99 percent of UV rays.
- Seek shade, especially between 10 a.m. and 4 p.m.

For more information, visit the [Cancer Resource](#) page. And don't forget that you can use any leftover [Flexible Spending Account \(FSA\)](#) dollars for sunscreen.

**Hidden Treasures** Find the hidden code on the Choosing the Right Care page on our website and email the code to [sbo.communications@delaware.gov](mailto:sbo.communications@delaware.gov) (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Alan R. from the Dept. of Justice!



## Navigating Workplace Change

As many of us have returned to our respective workplaces, we want to acknowledge that change is not always easy. We would like to remind you that all employees and non-Medicare pensioners have access to the State's Employee Assistance Program (EAP), including temporary, casual seasonal or benefit-eligible employees and non-Medicare pensioners regardless of enrollment in a State of Delaware health plan. The EAP is available to these individuals through 30 days following the end of the COVID-19 national public health emergency. Thereafter, this benefit remains available to members enrolled in a State of Delaware non-Medicare health plan.

[ComPsych® GuidanceResources®](#) provides the following free services/resources:

- Webinars
- Articles
- On-Demand Training
- Interactive Digital Tools
- Summer Camp/Childcare Needs Assistance

## Employee Spotlight

*"My husband and I had always discussed the possibilities of LASIK eye surgery for our daughter. Her dream is to be a pilot in the US Air Force. However, she has worn glasses since she was three, which we thought may hinder her dream. I was frustrated with our last eye appointment and decided to contact Delta Dental because I heard they offered discounts for [LASIK eye surgery](#). The representative I spoke to was so helpful and friendly, she discussed the options, costs and the two facilities we could choose from. She also told me that Delta Dental offered the best discounts for LASIK eye surgery, which was so great to hear since I had no idea what the cost would be or if we could afford it. Once we reviewed the cost and payment plan options, I asked about my oldest daughter, since she also wears glasses and contacts. After answering a few questions about the girls, we were able to schedule an appointment for that week!"*

[Click here to read the full article.](#)

~Dawn W., Dept. of Human Resources